



VIC Newsletter

We've got a home

WE ARE delighted to announce that Veterans In Communities should soon have a permanent home in a community centre in Haslingden.

Subject to the approval of the Charity Commission, VIC will be moving operations into the former Mary Hindle Centre at 12 Bury Road, Haslingden.

Chair of VIC Ronnie Barker said: "We hope the Charity Commission will approve this transfer and then we are looking forward to having a permanent home for VIC. This will enable us to further extend the fantastic work the

charity has been undertaking throughout East Lancashire."

The future of the centre was uncertain after Agapao International, which had been gifted the building, moved out.

But following the withdrawal of interest by a consortium of local community groups who had been in negotiations with Agapao International since January 2013, the trustees approached VIC with a proposal. This action fulfils the original CAR (Community Action in Rossendale) /Agapao International agreement by 'Reciprocating the Gifting of

12 Bury Road' by offering it to the VIC Trustees to be used as a centre for their operations.

The building will allow VIC to provide opportunities for veterans and their families to re-integrate back into the community on returning to civilian life, by encouraging them to contribute their service experience and skills to help the local community. The former Mary Hindle Centre will house services available to the Community and Veterans alike.

In the unlikely event that VIC may no longer have a use for the property at some time in the future,



Ronnie has pledged to try to find a suitable 'Registered Charity' prepared to keep the CAR/Agapao Legacy alive by perpetuating the 'Gifting' onwards, again with Charity Commission Approval, to keep the building open for community use.



RESTORATION work on a town's Memorial Gardens could be completed if a grant to fund the project is allocated.

VIC is supporting the residents of Whitworth and Healey Horticultural Society to complete the final phase of the restoration of the gardens in Whitworth by rebuilding and backfilling a large stone wall that runs across the entire gardens.

As part of the project they would also remove a collapsed concrete roof and refurbish a stone seating area at the rear of the gardens and making the site ready for further planting.

Members from VIC will undertake dry stone walling training via Groundwork Pennine Lancashire, and will aim to complete the works between February and May 2014 as part of a larger piece of work to Commemorate World War I including Operation 100 (Bacup War Graves)

The 'crowning glory' will be a half size willow and poppy tank structure on the main gateway in Whitworth. The application to the Whitworth Neighbourhood Forum shall be decided upon October 7th.

Considerable work has already been carried out in the area funded by £50,000 Community Spaces grant. Flowerbeds have been replanted, a hardstanding has been introduced, railings have been replaced and memorial trees planted.

Tickets available for concert in memory of Drummer Lee Rigby

The Band & Corps of Drums of
The Royal Regiment of Fusiliers (Lancashire)
&
The Scots Guards Association Pipes & Drums (Manchester Branch)



Saturday 12th October 2013
Victoria Hall, Bolton
7.30pm

Beneficiaries will include:
The Fusilier Aid Society for Drummer Lee Rigby
& Rotary International Polio Eradication

Ticket Price: £10.00

Tickets available from:

**Bob or Andrea at VIC
on 01706 871730**



In collaboration with
Districts 1190 & 1280

Tickets also available on the night from Victoria Hall Box Office

Freedom march

THE 4th Battalion, The Yorkshire Regiment, celebrated the Freedom of the Town when they marched through Barnoldswick.

Chairman of Barnoldswick Town Council Councillor Ken Hartley also rededicated the town's War Memorial, which has had an extra 47 names added to remember the fallen of the First and Second



World Wars. VIC project co-ordinator Andrea Goodall attended events. She will be leading the projects VIC is developing for the Pendle area.



Fun day

RESIDENTS held a fun day in the Limey Valley area of Rossendale and VIC attended to help promote the work of the charity.

As well as manning a stand, member Peter Webster was asked to be the Mayor of Rossendale's Councillor Amanda Robertson's consort for the day and helped with official duties.



A SPOOKY night is promised for everyone this Hallowe'en when VIC hold a charity quiz at the Irish Democratic League Club in Haslingden on October 31st at 7pm.

There will be prizes for best/scariest dressed and the winning team.

Teams can have up to five players and it costs £1 per person entry.

To book places call Tracey or 07818550306 or the VIC office on 01706 871730.

Helping hand offered in Burnley town centre

VIC outreach drop-in service has been open in Burnley every Tuesday from 10am-1pm since August.

The service is based in the Retreat 'n' Recover Centre on Hammerton Street offering support for ex-service personnel and their families.

The R & R Centre was set up in 2007 as a walk in centre to treat minor injuries which occurred on Burnley Town Centre during the night in line with

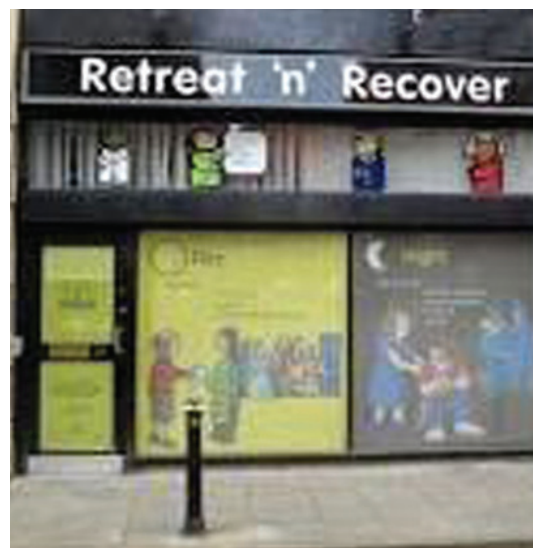
busy periods of the night time economy, Friday and Saturday evening.

The intention was to reduce the burden on A & E, the ambulance service and police in dealing with minor injuries and assaults which would otherwise have taken up valuable resources.

The result was a massive reduction in costs to the NHS and, to a lesser degree, the police. As the building was only used on Friday and Saturday

evening a potential centrally located meeting room was going to waste and so the decision was made to offer it for the use of Community Groups and charities.

As a result, the centre is now booked every day, apart from Monday, which is retained for occasional use. Other users include Burnley Veterans' Association and the Thomas Organisation - a drugs and alcohol counselling service.





Prevention course

A COURSE on suicide prevention was hosted by VIC.

The ASIST (Applied Suicide Intervention Skills Training) is an internationally recognised suicide prevention training programme.

One attendee said: "The course helped me to analyse my own perspectives on suicide and challenge the perspectives of other course attendees, many of whom had never dealt with a suicidal incident or an in service death.

"I am pleased to have completed this course as I am already aware of how much I have benefited from it and future veterans and their families coming along to VIC will benefit too."

VIC is planning to host another two day session later in the year. To pre-book please contact the VIC office on 01706 871730 or email info@veteransincommunities.org



Round the Hills challenge

VIC members helped the Rotary Club of Rossendale by manning several checkpoints along the 18 mile annual Round the Hills walk.

More than 200 walkers and runners set off from Fearn Community Sports College on September 1st, and took in 1,442ft Cowpe Lowe, then Cribden, Goodshaw and

Hameldon Hills, and from Clowbridge Reservoir went over to Water and back to the school.

VIC members Graham Gilsenan and Liene Vaicevica accompanied Fiona Muir from Lancashire Care Foundation Trust to the finish line. Graham completed in the top ten with a finishing time of 4hrs 50 minutes.

A true gentleman, Graham undertook an additional five miles to help Liene and Fiona with their bags. A great personnel achievement and congratulations to Graham, Liene and Fiona.

The next Round the Hills walk will be held September 7th 2014, so there is plenty of time to dust off the walking boots.



A TRADITIONAL town centre festival was revived this month and VIC turned out to help marshal the event and also provide an information stall.

Haslingden Street Fair saw the town centre sealed off allowing stalls and activities to fill the streets all day long and attracting thousands of visitors.

On your hike

Our next walk will be on Thursday September 26th meeting at at 10.30am prompt from the car park of the Woolpack Inn (BB4 6LN) opposite Tesco Haslingden for a walk around Irwell Vale.

On Thursday 10th October there will be a walk at 10.30am prompt from the car park of Limey Lane, Clowbridge Reservoir.

On your bike

VIC members enjoyed a further taster session at Hollingworth Lake in Littleborough on September 22nd when they sampled mountain biking.

Healthy chatter

ROCHDALE MBC Public Health has awarded Veterans in Communities the tender for the delivery of Health Chats with veterans and their family members who live or work in the Rochdale borough.

VIC wanted to get involved in this new project to ensure that key health messages were delivered by veterans for veterans and will concentrate on understanding and reducing alcohol, increasing activity, healthy eating, mental health and reducing tobacco intake.

Veterans and their family members will be trained to discuss these issues with others across the borough and each participant will gain a Royal Society of Public Health level 2 Award in Understanding Health Improvement.

If you would like to register your interest in becoming a Health Chatter please contact Andrea Goodall on 01706 871730 or email andrea.goodall@veteransincommunities.org



ROSSENDALE

VIC Outreach Service

MONDAY

11am-1pm

Haslingden Community Link, Bury Road,
Haslingden, BB4 5PG.

WEDNESDAY

11am-3pm

REAL Office, St James Square, Bacup, OL13
9AA.

VIC Art Group and drop-in

FRIDAY

11am-3pm

REAL Office, St James Square, Bacup, OL13
9AA

Walking Group

THURSDAY

Walks are arranged on the 2nd and 4th
Thursday, weather permitting. Contact VIC on
01706 871730.

VIC Family Support Group

FRIDAY

****NEW VENUE****

A support network that meet every week at
1pm at Asda, Rawtenstall. Contact Suzanne
on **01706 871730.**

HEYWOOD

VIC Outreach Service

WEDNESDAY

11am-2.30pm

Recovery Republic, 63-65 York Street,
Heywood, OL10 4NR.
Badminton

****NEW VENUE****

3pm-4pm

Heywood Sports Village, West Starkey Street,
Heywood, OL10 4TW.

Walks will be held fortnightly on **Thursdays**
combined with the Rossendale walking group.

BURNLEY

VIC Outreach Service

TUESDAY

10am-2pm

****NEW VENUE****

Retreat 'n' Recover Centre, 21 Hammerton
Street, Burnley, BB11 1NA.

Combat Stress Helpline

0800 138 1619

PCT Military Veterans Service

0161 253 6638

The Royal British Legion

08457 725 725

Rossendale Citizens' Advice Bureau

0844 499 4121 (from a landline)

0300 456 2552 (from a mobile)

The Samaritans

01706 830999

Mental Health Helpline

0500 639000

Monday to Friday 7pm - 11pm Saturday &

Sunday 12 Noon to 12 midnight

**East Lancashire Single Point of Access
via GP or self-referral**

01282 657116

Contacts

VIC – 01706 871730

Manager Bob Elliott

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07961 554 006

Project Co-ordinator Andrea Goodall

andregoodall@veteransincommunities.org

Family Support Worker Suzanne Preston

suzannepreston@veteransincommunities.org

Art Group Darren Horsnell

darrenhorsnell@veteransincommunities.org

VIC supported by:



VIC update

SEPTEMBER has been a seriously busy month for VIC with lots of events on every weekend as well as our outreach, drop in sessions, art club and walks. Phew.

We also currently have 10 VIC members undertaking Initial Advice and Guidance Level 3 study with AccRoss College.

These studies will assist volunteers to be able to offer best practice at the outreach we are already delivering across Rossendale, Burnley, Rochdale and as we look to expand into other areas.

And speaking of training- Peter Webster, who is assisting VIC with admin support, has started his ECDL qualification with AccRoss College and hopes to continue onto NVQ3 in administration within the year. Peter is aiming to improve his chances of securing full time work and also wants to update his skills from his Army day.

And he is still seeking people to become members of his Veterans' Choir. Peter is a former military musician who loves singing and wants to set up a choir. It is open to all veterans and their families. Just give Peter a call on 01706 871730.

Meanwhile members of VIC will be on hand to marshal the inaugural Burnley 10k run on Sunday October 6th. The race, which used to be called the Burnley 7, has been updated and will leave from the new community fire station.

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www.facebook.com/VICVeteransInCommunities